



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Krallmann, Jörg

□□: Lauffreunde Emsland

□□: 305

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:27:02

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 63 (of 98)

□□□□□/□: 51 (of 84)

□□□□□□: 8:25:02

□□□□□: 12(of 22)

□□□□□□□: 9:37:03

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:31:31 | 7:46 | 21 | 42:15 | 75 | 1:02:06 | 19.50 | 2:31:31 | 7:46 | 1 | - | 1 | - |
| Kühude | 20.50 | 2:33:17 | 7:28 | 15 | 40:14 | 58 | 57:38 | 40.00 | 5:04:48 | 7:37 | 1 | - | 1 | - |
| Rhein-Weser-Tur | 17.00 | 2:13:40 | 7:51 | 14 | 40:08 | 53 | 1:00:55 | 57.00 | 7:18:28 | 7:41 | 1 | - | 1 | - |
| Kühude | 17.00 | 2:21:22 | 8:18 | 10 | 42:55 | 42 | 54:11 | 74.00 | 9:39:50 | 7:50 | 1 | - | 1 | - |
| Nasse Wiese | 20.50 | 2:57:56 | 8:40 | 11 | 49:40 | 38 | 1:02:57 | 94.50 | 12:37:46 | 8:01 | 1 | - | 1 | - |
| Ziel | 6.50 | 49:16 | 7:34 | 14 | 14:47 | 49 | 20:59 | 101.00 | 13:27:02 | 7:59 | 12 | 3:49:59 | 51 | 5:02:00 |